

**WHAT IS CLAIMED IS:**

- 1           1. A bearing comprising:
  - 2           a rotation element composed of an outer portion and an inner portion rotatably
  - 3           received inside the outer portion;
  - 4           a plastic ring securely mounted on an outer periphery of the outer portion and
  - 5           having a groove defined in an outer periphery of the plastic ring; and
  - 6           a metal ring securely mounted on the outer periphery of the plastic ring and
  - 7           having a second groove aligned with the groove of the plastic ring,
  - 8           whereby load capability is high due to the addition of the metal ring on the
  - 9           plastic ring and manufacture cost is low because work involved in mounting the plastic
  - 10          ring on the outer portion is easy.